

Oven Fried Chicken USDA Recipe D29 for Schools

Meal Components: Grains, Meat / Meat Alternate

D29

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	1 lb	3 1/2 cups 1 Tbsp 1 2/3 tsp	2 lb	1 qt 3 cups 3 Tbsp 1/3 tsp	1. Combine flour, crushed corn flakes, and spices in a large bowl. Stir well. Set aside for step 4.
Whole-grain corn flakes	2 lb	1 qt	4 lb	2 qt	
Ground black or white pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Mustard, dry		1/4 cup	2 oz	1/2 cup	
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Garlic powder		2 Tbsp		1/4 cup	
Ground thyme		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Dried basil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground oregano		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

Egg whites	1 lb	2 cups	2 lb	1 qt	2. Combine egg whites and milk in a medium bowl.
Nonfat milk		1 qt		2 qt	
Chicken, whole, fresh or frozen, cut up, 8 pieces	24 lb 8 oz		49 lb		3. Add chicken (no more than 3 pieces at a time). Coat pieces evenly with egg mixture. 4. Remove chicken pieces from medium bowl. Place in large bowl containing flour mixture. Coat evenly. 5. Place chicken pieces on a sheet pan (18" x 26" x 1") lightly coated with pan release spray and lined with parchment paper. 6. Bake uncovered: 7. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 8. Transfer to a steam table pan (12" x 20" x 2 1/2"). 9. Critical Control Point: Hold for hot service at 135 °F or higher. 10. Serve 1 portion (1 breast, or 1 drumstick and wing, or 1 thigh with back).

Notes
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>Cooking Process #2: Same Day Service</p> <p><u>Serving</u></p> <p>NSLP/SBP Crediting Information: One portion provides 2.25 oz equivalent meat/meat alternate and 1 oz equivalent grains.</p> <p>CACFP Crediting Information: One portion provides 2.25 oz meat/meat alternate and 1 serving grains/bread.</p> <p>Cooked each piece provides oz equivalent meat: 1 wing = 1.2 oz equivalent, 1/2 breast = 5.45 oz equivalent, 1 thigh = 3.2 oz equivalent, 1 drumstick = 2.0 oz equivalent. Serve 2 oz equivalent portions.</p>

Serving	Yield	Volume
See Notes	50 Servings: about 18 lb 100 Servings: about 36 lb	50 Servings: about 2 gallons 1 quart / 3 sheet pans (12" x 20" x 2 1/2") 100 Servings: about 4 gallons 2 quarts / 6 sheet pans (12" x 20" x 2 1/2")

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Nutrients Per Serving					
Calories	186	Saturated Fat	2 g	Iron	12 mg
Protein	12 g	Cholesterol	28 mg	Calcium	640 mg
Carbohydrate	22 g	Vitamin A	491 IU	Sodium	367 mg
Total Fat	6 g	Vitamin C	37 mg	Dietary Fiber	3 g